

HELMSMAN COMPLEX LUNCH BUFFET MENU
The Helmsman Complex Singleton Ave. & Intrepid St. NSA Mid-South
Millington, TN... call 874-5132 for more information

Monday	Tuesday	Wednesday	Thursday	Friday
Mar. 1	Mar. 2	Mar. 3	Mar. 4	Mar. 5
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Chicken Fried Steak with White Gravy Smoked Sausage w/ Peppers, Onions, Potatoes Mashed Potatoes w/Gravy	Southern Fried Chicken Beef Stroganoff Mashed Potatoes w/Gravy Lima Beans	Roast Beef Pit Smoked Ham Candied Yams Pinto Beans Steamed Cabbage	Fried Catfish Chili Mac Home Fried Potatoes Fried Okra
Mar. 8	Mar. 9	Mar. 10	Mar. 11	Mar. 12
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Chicken Fried Steak Chicken and Dumplings Mashed Potatoes with Gravy Pinto Beans	Southern Fried Chicken Liver and Onions Whipped Potatoes Broccoli w/Cheese Sauce Black Eyed Peas	Roast Beef Pit Smoked Ham Mashed Potatoes Candied Yams Fried Cauliflower	Fried Catfish Beef Tips w/Wine Sauce Steamed Rice Home Fried Potatoes Pinto Beans
Mar. 15	Mar. 16	Mar. 17	Mar. 18	Mar. 19
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Spaghetti with Meat Sauce Lasagna Italian Green Beans Garlic Bread Sticks	Southern Fried Chicken Corned Beef Cabbage Whole New Potatoes Baby Carrots Garden Peas Green Ice Cream	Roast Beef Pit Smoked Ham Mashed Potatoes Candied Yams Turnip Greens Corn O'Brian	Fried Catfish Chicken Pot Pie Mac-n-Cheese Green Beans
Mar.22	Mar.23	Mar.24	Mar.25	Mar.26
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	(Mexican) Taco Bar with Fixin's Chili Rellenos Refried Beans Mexican Rice	Fried Chicken Ham & Broccoli Linguini Mashed Potatoes w/Gravy Green Beans	Roast Beef Pit Smoked Ham Mashed Potatoes with Gravy	Fried Catfish Baked Fish Franks -n- Kraut
Mar.29	Mar.30	Mar.31		
Famous Navy Lake BBQ Chicken & BBQ Pork Baked Beans Cole Slaw	Chicken Fried Steak Fried Pork Chops Mashed Potatoes with Gravy Lima Beans	Southern Fried Chicken Liver and Onions Whipped Potatoes Broccoli Casserole Black Eyed Peas		

Daily Lunch Specials

Monday	Soup and Salad Bar
Tuesday	Turkey Swiss on rye with a cup of soup
Wednesday	Caesar salad with grilled chicken breast
Thursday	Jumbo hot dog with mustard, onion, relish and fries
Friday	Ribeye steak sandwich with fries

Lunch Special of the Month

Mushroom Swiss burger and fries